“SMART screening helps early diagnosis of a number of common health problems.”
- Dr Samya Al Abdulla, PHCC

“Bad eating habits play an important role in the incidence of obesity.”
- Dr Abdullah Abdulrahman Al-Naama, Rawdat Al Khail Health Center

Mental health is a public responsibility
When you do regular physical activity you may feel better about yourself, which can boost your confidence and improve your self-esteem.

ستشعر براحة أكبر عند قيامك بممارسة النشاط البدني بشكل منتظم، الأمر الذي سيساعدك حتماً على تعزيز ثقتك بنفسك وزيادة احترامك لذاتك.
Welcome Note

Dear readers,

Welcome to the third edition of Reaaya, which addresses several topics concerning both families and individuals within the field of primary health care. In this edition we are also pleased to share with you some of the latest news from the Primary Health Care Corporation in Qatar.

Primary Health Care Corporation has recently seen the completion of numerous achievements, among them the inauguration of three new health centers (Al Thumama, Rawdat Al Khail and Umm Slal). In addition, we were proud to witness the launch of the SMART clinic services located at Al Wakra Health Center, alongside other major achievements featured in this edition of Reaaya.

The Primary Health Care Corporation is focused on objectives aimed at preserving the health of Qatari citizens and residents. These plans embrace a number of health awareness initiatives, which aim to promote a culture of healthy living in Qatar.

The Corporation’s commitment to providing comprehensive health care and ensuring the best quality of life for Qatari citizens is something we are highly proud of. Our respect for human life is a core value that we apply to our health care services and which the Primary Health Care Corporation extends to all our beneficiaries.

Additionally, we consider our extensive efforts to improve the health of the nation a part of our national obligation, in order to aid in the progression and development of the National Vision. The Primary Health Care Corporation strives to fulfill our duty to the best of our ability, by continuously providing high-quality health care with an emphasis on developing primary health care outputs offered to all patients, without exception.

We hope that the content of this new edition will be of interest to you and offer some helpful advice on topics relating to local and global health care. If you have any queries regarding the content in this edition we would encourage you to send them to us and we will be delighted to answer them. We thank you for your continued support and as always, the Primary Health Care Corporation welcomes your feedback.

We look forward to seeing you again in the next edition of Reaaya.

E-mail: Reaaya@phcc.gov.qa
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- The Rashid family: making an appointment with the doctor

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- Avicenna: prince of physicians
- Health care challenges in the Arab world: alarming data

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All rights reserved. The version cannot be reproduced in whole or in part or stored in a retrieval system or transmitted in any form, electronic or mechanical, photocopying or otherwise, without the prior consent of the institutional communication department of Primary Health Care Corporation.
Primary Health Care Corporation (PHCC) has placed the health of Qatari citizens and residents among its highest priorities this year. PHCC seeks to better achieve its targets by opening numerous medical centers and clinics. Moreover, by providing high-quality health services, the latest technologies, conducting blood donation campaigns and offering ongoing support and protection to mothers and their children before and after pregnancy, we aim to make Qatar a leading example in health care.

Building on the achievements of 2016, Primary Health Care Corporation (PHCC) has placed the health of Qatari citizens and residents among its highest priorities this year. PHCC seeks to better achieve its targets by opening numerous medical centers and clinics. Moreover, by providing high-quality health services, the latest technologies, conducting blood donation campaigns and offering ongoing support and protection to mothers and their children before and after pregnancy, we aim to make Qatar a leading example in health care.

Primary Health Care Corporation intends to leverage the successes of previous years to achieve even more this year in the field of health care. The Corporation has taken major steps to help to promote the level of health care services provided to citizens across Qatar, and has sought to achieve the highest levels of communication and cooperation with the country’s residents in order to implement its health care strategies in a positive and effective manner.

Additionally, the Corporation is committed to achieving the objectives of its annual plan, based on previous successes. Dr. Mariam Abdulmalik, Managing Director of Primary Health Care Corporation, said: “We always seek to work with the same level of enthusiasm to continue our journey of success. We also do not intend to settle for our previous successes, instead committing ourselves to intensifying our efforts this year, to attaining more objectives and offering more services to Qatari citizens with the ultimate goal of making Qatar a role model in health care.”

“Focusing on prevention and health care is our new objective, to provide excellent health care services in Qatar.”

- Dr. Mariam Abdulmalik, Managing Director of PHCC.

Primary Health Care Corporation launched a General Medicine Clinic at the Headquarters of the Supreme Committee for Delivery and Legacy (Qatar, 2022), Al Beda’a tower, to provide general medical services to the Committee’s employees and other affiliated individuals.

PHCC launches the General Medicine Clinic at the Headquarter of the Supreme Committee for Delivery and Legacy (Qatar 2022)

Primary Health Care Corporation inaugurated the General Medicine Clinic at the Headquarters of the Supreme Committee for Delivery and Legacy (Qatar 2022), in Al Beda’a tower, Al Dafna, where the clinic will offer general medical services for the committee’s employees and the employees of other government companies and entities located in the building. The clinic will also receive and handle all emergency cases in Al Beda’a tower, offering first-aid assistance immediately.

Dr. Samya Al Abdulla, Executive Director of Operation Department at PHCC, said that she was pleased with this achievement. “This step confirms our belief in the role of comprehensive primary health care, which reflects on all sectors. It also confirms the key role played by the Supreme Committee for Delivery and Legacy (Qatar 2022).”

Sami Al Shoumari, Executive Manager of Administrative Affairs at the Supreme Committee for Delivery and Legacy expressed his satisfaction with the initiative and paid tribute to the cooperation between the Committee and the Ministry of Public Health, represented by the Primary Health Care Corporation, to achieve the country’s public health strategy in line with the 2030 Qatar National Vision.

The Primary Health Care Corporation has made major steps towards improving the level of health care services provided to citizens across Qatar.

In collaboration with the Hamad Medical Corporation, PHCC launches the first blood donation campaign at its health centers.

In collaboration with the Hamad Medical Corporation, PHCC launched a blood donation campaign in a number of health centers across the country located in high-population areas and within close proximity to utilities. A yearly rotation schedule was established for the mobile unit. This campaign is a confirmation of the Corporation’s role in social responsibility and of its effective duty to interact with and provide services to the community. The campaign, under the theme ‘Whoever saves a life, has saved the lives of all men’, aims to raise social awareness about the value and importance of blood donation and to collect large quantities of blood to enrich the blood bank, used to save the lives of casualties, patients and surgery patients. The campaign attracted a large number of Al Wakra residents, composed of employees from private and public offices, institutions and schools who responded to the humane and charitable call.

151 donors were registered, 81 of whom met the donation conditions. The campaign also garnered considerable support from public figures, such as Mansour Al Knahor, member of the municipal council. It also offered a special opportunity for those at the Al Wakra center to contribute to society in a positive and effective manner.

The campaign garnered considerable support from public figures, such as Mansour Al Knahor, member of the municipal council.

The Primary Health Care Corporation has placed the health of Qatari citizens and residents among its highest priorities this year. PHCC seeks to better achieve its targets by opening numerous medical centers and clinics. Moreover, by providing high-quality health services, the latest technologies, conducting blood donation campaigns and offering ongoing support and protection to mothers and their children before and after pregnancy, we aim to make Qatar a leading example in health care.
Recently, the Primary Health Care Corporation developed a comprehensive plan to introduce a postnatal care program for mothers who have given birth at maternity hospitals affiliated to the Hamad Medical Corporation and those registered at the PHCC centers. The program consists of a ‘six-week postnatal examination’ service. This major step is in line with the primary care strategic plan to provide the best health services of the highest quality possible.

Dr. Hessa Shahbic, Manager of Maternal and Child Health at PHCC, stated: “The Corporation has started to provide the six-week postnatal examination service. This program consists of a ‘six-week postnatal care program for mothers registered at the PHCC centers. The current percentage of mothers benefiting from this service is 35%, noting that demand fluctuates month to month.”

On another note, Dr. Hessa reiterated the commitment of PHCC and its continuous effort to expand the scope of these health services progressively to all primary health centers. The current percentage of mothers benefiting from this service is 35%, noting that demand fluctuates month to month.

SMART Screening services: supporting citizen’s health

Following the launch of the National Health Strategy in 2013, the Primary Health Care Corporation has been committed to the successful implementation of numerous pledges and recommendations found in the strategy. The third pledge of the strategy stipulates, ‘Primary health care providers in the State shall work on providing an annual periodic health examination, beneficial to all’. As such, the PHCC has established a mapping project and has implemented a periodic SMART screening service, as per the best-proven global models.

PHCC expands its Beautiful Smile project to cover eight health centers

PHCC expanded the coverage of its Beautiful Smile service to eight health centers in Qatar. The Corporation seeks to provide oral and dental care in addition to its concerted effort to implement the preventive service strategy for pregnant women and infants aged six months to four years. In partnership with the College of the North Atlantic in Qatar and the Hamad Medical Corporation, more than 240 clinical personnel were trained for up to eight weeks at the health centers to prepare them to offer the best dental services and treatment to children. Dr. Asmaa Othman Al Khatib, Manager of the Oral Health Division at PHCC and Clinical Lead for the Beautiful Smile service, confirmed that 89% of Qatari children aged 4 to 5 that suffer from tooth decay.

The screening also identifies common risk factors that cause illnesses in order to allow the doctor to help the patient avoid these diseases in the future by obtaining preventive care services, such as the wellness service.

How is the SMART screening service implemented and how does it work?

The service is provided in two phases: The SMART screening ‘first appointment’ and SMART screening ‘follow-up appointment’. The first SMART screening appointment takes 15 to 30 minutes, during which the patient is assessed in a private room by a qualified nurse who measures key elements, such as blood pressure, weight, height and body mass index (BMI). The nurse then asks comprehensive questions regarding the patient’s medical history, family’s medical history, his mental state and his daily habits that may affect his health. The patient is then given an electrocardiogram (ECG) and is asked to provide stool, urine and blood samples to be sent to the laboratory for several tests, such as the sugar level, fat, thyroid, blood pressure, blood glucose, liver function, kidney function, sodium level, potassium level, chloride level, protein level, vitamin D deficiency and hepatitis B and C. The appointment ends by scheduling a ‘follow-up appointment’ for the following week. During the ‘follow-up appointment’, the patient meets with his physician who reviews the results from the first appointment and uses this information to give the patient advice on how to preserve his health. The physician may, depending on the case, immediately identify any urgent requirements and discuss these with the patient, to provide the necessary treatment or transfer the patient to other appropriate services.

Could you tell us more about ‘SMART screening’?

Smart screening includes a set of preventive tests for several common health issues, such as diabetes and blood pressure problems. These tests were designed to help with early diagnosis and offer suitable treatments. The screening also identifies common risk factors that cause illnesses in order to allow the doctor to help the patient avoid these diseases in the future by obtaining preventive care services, such as the wellness service.

Could you tell us more about ‘SMART screening’?

The SMART screening service will be available during a pilot period (three months) for Qatari citizens over 18 years of age and who are registered at Leabaib and Rawdat Al Khail health centers. Upon success of the pilot period, the service will then be available and extended to other centers for those who are registered there.

What were the preparations needed for this service?

We planned this major initiative thoroughly by taking certain proactive preparatory measures:

- Review previous proven data to offer a health screening service.
- Examine population density data in Qatar to identify service beneficiaries.
- Design the survey to be used and select the analysis to be included in the SMART screening service.
- Determine employee training requirements needed for this service.
- Identify the necessary equipment and surface areas.
- Identify potential to merge with other services at PHCC to help deliver on other national priorities.

Additionally, further steps were to be taken before launching the service:

- Transforming the designed survey into an electronic survey to be uploaded to the patient’s electronic file.
- Provide education workshops regarding the service to all employees.
- Train the nurses who will conduct the assessments.
PHCC seeks to achieve the following:

1. Early diagnosis and treatment of diseases and therefore offer opportunities to treat them and obtain better health results for the patients.
2. Joint care services to patients suffering from chronic diseases.
3. Effective participation from the patients, with a high understanding of their health conditions.
4. Provide patient-centered health care that focuses on improving health conditions in general.

What are the ambitions of PHCC for the future of the SMART screening service?

PHCC set societal health and responsibility criteria:

1. The patient must be registered at the Primary Health Care Corporation and submit the health card and submit it upon arrival at the center.
2. The patient must have a valid appointment and be able to see a doctor.
3. Stable condition: the patient is stable and all necessary medical measures are taken at the Primary Health Care Corporation, depending on the patient’s condition.
4. Pre-diabetic condition: the patient is in a stable condition and all necessary medical measures are taken at the Primary Health Care Corporation.

SMART Clinic initiative statistics at Al Wakra HC

<table>
<thead>
<tr>
<th>Patients invited for screening</th>
<th>Patients accepted to be screened</th>
<th>Results available</th>
</tr>
</thead>
<tbody>
<tr>
<td>1532 (35%)</td>
<td>1499 (98%)</td>
<td>59 (4%)</td>
</tr>
</tbody>
</table>

The grandparents quickly took Salem to the health center without making an appointment, afraid that his situation may deteriorate. As soon as the grandparents arrived at the health center with Salem, they were greeted by Hayaak staff and asked about the reason for their visit. Since they had not made an appointment before going to the center, the nurse guided the Rashid family to the medical classification room and gave them the special number (from the Qmatic device) to organize the waiting process and allow them to keep track of their turn.

After patients are classified by medical condition they are treated appropriately and all necessary medical measures are taken at the Primary Health Care Corporation, depending on the patient’s condition.

1. Emergency: the patient is transported to an observation room and a doctor is called to examine him and take the necessary medical measures as soon as possible.
2. Urgent priority condition: the patient is transported to the doctor’s clinic at the center for examination within ninety minutes.

The initial purpose of the ‘SMART Clinic’ initiative at Al Wakra Health Center was to design and implement a local program for those registered at Al Wakra Health Center, to improve the level of health care. In collaboration with the Hamad Medical Corporation and the Ministry of Public Health, PHCC set societal health and responsibility as a joint goal, where all the entities structured services to improve the quality of health care. The ‘Diabetes Clinic’ was selected as a starting point to implement the process, due to the numerous benefits of providing regulated and joint care services to patients suffering from chronic diseases. This initiative started by identifying a number of patients who were not diagnosed with diabetes or who were diagnosed with pre-diabetes and obtained intervention and assistance in the past, 1532 Qataris were invited to the SMART Clinic to test for diabetes at Al Wakra Health Center, between January and October 2016.

SMART Clinic initiative statistics at Al Wakra HC

<table>
<thead>
<tr>
<th>Pre-diabetic</th>
<th>New diagnosed diabetic</th>
<th>Normal</th>
</tr>
</thead>
<tbody>
<tr>
<td>408 (26%)</td>
<td>149 (35%)</td>
<td>492 (33%)</td>
</tr>
</tbody>
</table>

What will be the following steps at the end of the pilot phase?

We will conduct a formal assessment of the service at the end of the pilot phase. The report will include all the mistakes and lessons learned and will indicate the aspects that need improvement for the future.

What are the initial results of the service?

The results and feedback are very good. During the first seven weeks of the pilot launch at Leebab Health Center, we were able to screen 94 patients, in addition to 41 patients at Rawdat Al Khal within only 5 weeks.

Doctor’s Appointment

Planning and preparing for the future is considered an essential trait that we should all adopt in order to become an organized, advanced and productive society. This also translates to matters such as planning a visit to the doctor, the hospital or the pharmacy. This planning makes better use of our time and the time of others, which is undoubtedly in everyone’s interest. However, many remain unaware of the importance of planning ahead or are unable to do so for some reason, resulting in a number of problems.

The grandparent’s quickness to take Salem to the health center without making an appointment, afraid that his situation may deteriorate.
For appointments made in advance, the procedures are as follows:

1. The patient arrives at the center 30 minutes before his appointment and is greeted by the medical classification nurse who inquires about the reason for their visit. He is then guided to the correct location.

2. The reception desk provides the patient with a number to log his presence.

3. The reception desk provides the patient with a biometrics room and doctor room number.

4. The patient first goes to the biometrics room where a nurse takes their temperature, blood pressure, weight and height, then goes to the doctor’s room and waits to be called in.

5. After the examination, and depending on the doctor’s directions, the patient may be directed to the pharmacy, the laboratory, radiology, make a follow-up appointment or all of the above, before leaving the center.

The grandfather called his son, Dr. Rashid, and told him what had happened.

Abdulm Abyakum, your son Salem has a rash and an itch, so we quickly took him to the health center. Since it’s an urgent priority condition, we were transferred to the doctor’s office at the center, where the child will be examined.

What if the Rashid family had made an appointment prior to going to the center?

2. The reception desk provides the patient with a number to log his presence.

3. The reception desk provides the patient with a biometrics room and doctor room number.

4. The patient first goes to the biometrics room where a nurse takes their temperature, blood pressure, weight and height, then goes to the doctor’s room and waits to be called in.

5. After the examination, and depending on the doctor’s directions, the patient may be directed to the pharmacy, the laboratory, radiology, make a follow-up appointment or all of the above, before leaving the center.

Abu Rashid and Umm Rashid met with the doctor who was very nice and was friendly to Salem. After examining him, he found that Salem had a skin allergy related to seasonal change and the difference in temperatures.

Thank you doctor, should we make another appointment to make sure that Salem is well?

Abu Rashid and Umm Rashid thanked the doctor and made a second appointment for the follow-up, then headed immediately to the pharmacy to purchase the medicine prescribed by the doctor before leaving the center.

What if we wanted to change the date of the second appointment?

We usually give another appointment to follow up on the patient’s condition, especially in cases like Salem’s (urgent priority cases).

If you wish to change the date, you can call 107 to make and change appointments at the health centers.

Abu Rashid and Umm Rashid thanked the doctor and made a second appointment for the follow-up, then headed immediately to the pharmacy to purchase the medicine prescribed by the doctor before leaving the center.
The Three Stages of Pregnancy

Pregnancy is one of the most beautiful experiences for couples, but it can also be difficult as it is a time of great challenges and concerns. In addition to planning for pregnancy, couples should also be aware of various other issues, the most important being health, food and psychological stability, which will help them ensure a healthy pregnancy free of any serious problems. In order to achieve the best pregnancy experience for the woman, it is necessary to first identify the stages of pregnancy and the steps necessary to ensure a healthy and natural process.

At first, a woman undergoes a preterm pregnancy phase, a period during which pregnancy symptoms appear, which differs from one woman to another. There are several pregnancy symptoms including delayed or interrupted menstruation, nausea, headaches, increased heart rate, discomfort from certain odors, tendency to eat exotic foods, long-term tendency to sleep for long hours, dizziness and a change in the color of the nipples that tend to darken. The pregnant woman might suffer from only one or two of these symptoms, and these symptoms might also occur either strongly or mildly.

40 weeks
A normal pregnancy lasts for nine months, i.e. 40 weeks from the day of conception to birth.

The most important things that occur during pregnancy according to Dr. Munira, pregnancy is divided into three basic stages as per the pregnancy calendar. While each differs from the others, the most difficult ones are the first and last trimesters. The three stages are:

First trimester
Pregnancy starts from the first day of the menstrual cycle. It is recommended during this period to take folic acid, which reduces the rate of malformations in the developing baby’s nervous system. The fertilized egg contains all the genetic traits of the parents and determines most of the traits that the baby will carry. In the third week, the fetal cells begin to grow and are implanted in the uterine wall. The implantation process immediately follows the onset of the symptoms of the pregnancy due to the secretion of the pregnancy hormone (hCG). At this stage, the woman realizes that she is pregnant and experiences some breast pain with fatigue and vomiting. There may also be some blood secretions, which do not necessarily mean failure of pregnancy. Also, it is during this period that the baby’s organs start to emerge in its earliest body form. The skeletal bones of the baby are formed during week 5. Folic acid should no longer be used during the last two weeks of the first trimester because the brain and spine of the fetus are fully developed by then.

Second trimester
The breasts might secrete milk during this stage, which is normal. Also, this phase might be associated with some pain in the back and lower abdomen due to the expansion of the uterine wall. Some mothers might experience a slight movement of the fetus, which will become more noticeable during week 18, when the gender of the baby will also become apparent due to the further development of their extremities. The pregnant woman undergoes many psychological and physical changes including mood swings, while her sense of smell increases. She might also experience some dizziness as a symptom of low blood pressure (hypotension). The shape of the fetus at the end of this trimester closely resembles the baby’s final form at the time of birth.

Third trimester
During this period, the mother suffers from lack of sleep and frequent urination - up to every 30 minutes - as her urine and anxiety levels increase significantly. During this phase, the pregnant woman visits her specialist doctor more often in order to obtain the best possible health care before the day of birth and to ensure normal and stable stages of pregnancy. At the beginning of the ninth month, the baby’s head drops down into the pelvis and they will spend the last few weeks gaining weight and strength. “With the 38th week, pregnancy is complete, vaginal discharge increases and the weight of the baby in the last week reaches 3,000 to 4,000 grams,” adds Dr. Munira. Signs of labor will begin such as the occurrence of successive pains and dilatation of the cervix. Eventually, after the final stages of labor, the baby will be delivered.

The Primary Health Care Corporation is concerned with overall health care education and its specialists in the mother and baby clinic are dedicated to giving specific advice to the mother during her pregnancy.

- Screen for anemia during the early stages of pregnancy to be sure of the proportion of hemoglobin, platelets and white blood cells.
- Take into account the psychological and physiological changes to the woman during pregnancy.
- Identify the blood type and make sure that the pregnant woman and the people around her are vaccinated against German measles - which can cause birth defects of the fetus during pregnancy.

The couple must follow certain key procedures to achieve a problem-free pregnancy and produce a healthy baby.

- Identify the blood type and make sure that the pregnant woman and the people around her are vaccinated against German measles - which can cause birth defects of the fetus during pregnancy.
Newborn hygiene and bathing can be stressful for all new mothers. They often search for advice to help them reduce their anxiety when caring for their newborns. Dr. Hassan Yussef Tawfiq, family medicine consultant at the Primary Health Care Corporation, says: "We always advise mothers to remain calm and think positively when caring for their baby's hygiene. We also advise them to be absolutely confident that the bathing and hygiene process strengthens the bond between a mother and her child and makes it even more beautiful.”

Safe and Secure Bathing
Dr. Tawfiq offers a set of tips and key steps for new mothers to avoid any harm to the baby and to ensure proper hygiene during bath time:

- Do not place the baby in a bathtub until after the umbilical cord falls off. However, you can bathe him or her before that happens using a wet cotton cloth.
- Do not leave your baby alone in the bathtub, even if it is just for a few seconds. We recommend that you prepare all of the bath time necessities before starting.
- It is preferable not to use certain types of shampoo and soap can cause allergies, even if most of them are marketed for babies.
- Follow up regularly with the doctor if the woman suffers from high blood pressure during pregnancy.
- Consult with the doctor about the safety of intercourse during pregnancy.
- Provide the right environment for the pregnant woman and proper moral support during pregnancy.
- Follow a healthy diet and increase the intake of vegetables, fruits and whole grains especially during the first stage of pregnancy.
- Do the necessary research to understand the vitamins and elements needed by the body of the pregnant woman and compensate accordingly.
- Make sure the pregnant woman abstains from eating harmful foods like raw meat while reducing caffeine intake and abstaining from smoking and drinking alcohol.
- Encourage the pregnant woman to do light exercise such as walking and maintaining an ideal weight.
- Encourage the pregnant woman to attend follow-ups regularly with pregnancy clinics and conduct the necessary analysis to ensure that any risk factors are not threatening the pregnancy.
- It is recommended that the husband stays aware of the development of the baby and attends doctor visits with his wife to provide the necessary moral support.

The Primary Health Care Corporation is concerned with overall health care education and awareness and its specialists in the mother and baby clinic are dedicated to giving specific advice to the mother, as well as answering her questions during her pregnancy. PHCC also provides a clinic for postpartum mothers in some health centers where new mothers can receive care in the post-pregnancy period from a specialized team consisting of a family doctor, a nurse and a health educator.

FETAL DEVELOPMENT STAGES:
A normal pregnancy lasts for 9 months, i.e., 40 weeks from the day of conception. The weeks are divided into three stages, each stage featuring specific characteristics.

**Stage 1:**
Weeks 1 to 13. The first three months in which the fetus is formed and the mother experiences symptoms of pregnancy. The probability of miscarriage cannot yet be confirmed at this stage.

**Stage 2:**
Weeks 14 to 26. The three months in which the symptoms of pregnancy often disappear. This phase is characterized by the growth and development of the fetal organs.

**Stage 3:**
Weeks 27-40. The last three months of pregnancy in which the weight of the fetus increases and the growth of the lungs and other organs is complete. The pregnant woman prepares to deliver her baby.
It is highly recommended not to leave your baby alone in the bathtub, even if it is just for a few seconds.
Caring for Alzheimer’s patients at home

“Who are you?” “Where did I put it?” “Where are we?” If someone you love is constantly asking questions like these, it could be an early sign that they may be suffering from Alzheimer’s disease. As soon as you notice some of these signs, seek out the best methods of caring for them.

Alzheimer’s disease, also known as old-age disease, is the most common form of dementia, accounting for 60% to 70% of all diagnosed dementia cases.

It is a degenerative disease that affects the brain and causes atrophy in healthy cells, resulting in mental deficiencies. Seniors over 65 years of age are the most affected by the disease, with women more at risk than men. The extent of care given to this specific age group must be doubled to prevent further deterioration of the patient’s condition.

There is currently no absolute cure for Alzheimer’s, although some methods exist to alleviate certain symptoms and help patients improve their quality of life.

As soon as you notice any of these symptoms regularly in a loved one, go to the nearest hospital or health center for a full diagnosis and to learn the best care and treatment options.

What are the warning signs of Alzheimer’s?
While Alzheimer’s disease is different for each patient, the most common symptoms are:

- Memory loss, as the patient loses the ability to recognize family and familiar places and starts forgetting details of meetings and conversations.
- Difficulty finding the right words.
- Inability to make decisions and control certain matters in life.
- Apparent personality changes: mood swings, fear and paranoia, introversion, aggression, etc.
- Loss of the sense of time.
- Difficulty completing everyday tasks.
- Loss of bladder control.

Keep your first aid kit clean and tidy, and regularly renew its contents.

Your home first aid kit

First aid kits are a necessity for every home, and should be safely stored in a special, easily accessible place. This kit, with its equipment and medication, can bring quick relief from pain or discomfort. We suggest that you keep the following in your home first aid kit:

- An inventory, to help you find the equipment or medication you need:
- An arm sling.
- Sterile saline solution to clean wounds.
- Sterile medical cotton.
- Sterile medical gauze.
- Compression bandages and regular bandages.
- Medical tape and/or plasters in different sizes.
- An electronic blood pressure monitor.
- A glucometer.

Keep your first aid kit clean and tidy, and regularly renew its contents.

The Primary Health Care Corporation in Qatar provides advice and information for Alzheimer’s patients and their families.

Key statistics
According to the latest report on Alzheimer’s Disease International 2016, approximately 46.8 million people around the world suffer from Alzheimer’s disease. This number is expected to rise to approximately 131.5 million by 2050.
Avoiding the perils of poor posture

We spend long hours sitting, often with poor posture when we use our computers, which can adversely impact our general health. Reaaya offers some simple tips and steps to limit the damage.

Sitting motionless in a poor posture for long hours can damage your health in several ways. It can place excess pressure on your spine, resulting in a slipped disc, diabetes and other maladies. Avoid these damages by following these tips the next time you sit down at your desk:

1. Keep your spine straight and centered and avoid leaning forward.
2. Place a small pillow behind your lower back.
3. Place your computer screen at eye level and make sure that your abdomen is touching the table border.
4. Keep the mouse close to you.
5. Place your elbows at a 90-degree angle.
6. Place your arms close to your sides.
7. Secure your feet horizontally on the floor.
8. Stand and walk around for at least two minutes every half hour.
9. Stretch and move around during the two-minute breaks.

Try to follow these tips daily so that they become part of your routine.

Water is a God-given gift that is essential to all living creatures. It is also the second most important element to the human body, after oxygen, and failing to drink the recommended quantity can result in health issues that affect your body’s performance.

Water makes up around 70% of our bodies and is essential for the survival of all living creatures. Due to its importance and many benefits, doctors recommend drinking six to eight cups of water a day.

The body needs large quantities of water, as it continuously loses fluids through various secretions, such as urine, excrements, perspiration and even through breathing. Around three liters of water are lost in these secretions every day.

Drinking insufficient quantities of water can also damage our bodies in many ways:

- **Dehydration:** Symptoms include a decrease in the number of trips to the restroom, a difficulty to produce tears and dryness of the mouth.
- **Indigestion:** Water helps maintain the thickness of the stomach lining, which prevents constipation.
- **Joint pain and arthritis:** Insufficient water leads to friction of the cartilage and the joints.
- **Migraine:** Going without water often prevents sufficient oxygen from reaching the cells, leading to migraines, dizziness and possible blackouts.
- **Kidney failure:** Dehydration leads to an inability to excrete toxins from the body, with an added risk of kidney stones.
- **High blood pressure:** Certain capillaries may become obstructed and blood circulation hindered.
- **Irregular body temperature:** Water helps maintain a normal body temperature and prevents fatigue, exhaustion and frailness.
- **Bad breath:** Drinking enough water helps keep the mouth hydrated, which removes bacteria and odors.

8 to 10 Cups of water a day for a better and healthier life.

Should I drink water?

- Two cups of water in the morning helps improve blood circulation.
- One cup of water half an hour before lunch improves digestion.
- One cup of water before a shower helps lower blood pressure.
- One cup of water before going to bed reduces the risk of stroke or heart attack.

3 healthy meals for work

Reaaya suggests 3 light and healthy lunch meals:

1. **Club sandwich:**
   Whole wheat bread slices, lettuce, tomato slices, cucumber slices with turkey slices or tuna (in water) or low-fat cheese or labneh.
   Place the sandwich in a plastic bag or a lunch bag, wrap it well and off you go.

2. **Chicken/tuna salad:**
   You can prepare grilled chicken breasts the night before, slice them and leave them in the fridge. Here are the ingredients:
   Grilled chicken breasts or tuna fillets (in water), lettuce, juice of one lemon*, olive oil, cheese (low fat) and toasted bread.
   Place the ready ingredients in a container and close it tightly. That’s it, your healthy lunch is ready.
   * Note: Drizzle some lemon juice on the salad and enjoy it.

3. **Grilled chicken and vegetables:**
   Season the chicken and cook the vegetables the night before. Here are the ingredients that you will need:
   Grilled chicken breasts, vegetables (carrots, broccoli and zucchini, for example), lemon, black pepper and salt.
   Place the ingredients in a heatable glass container and microwave it for lunch.

20 Family Health Care    21  Family Health Care
Seven health benefits of eating carrots

Carrots are among the healthiest of all vegetables, rich in vitamins and minerals. But their benefits are not only health-related: according to a large number of experts, carrots contain key nutrients that contribute to beautiful hair and skin.

Here are the seven most important health benefits of eating carrots:

1. **Improved vision:** Carrots contain beta carotene, which helps to combat eye fatigue and the swelling of eyelids. This, in turn, improves vision, preserves eye health and prevents night blindness.

2. **Reduced cancer risk:** Carrots contain antioxidants such as beta and alpha carotene, which prevent the growth of cancer-causing free radicals.

3. **Preserved liver health:** Carrots help stimulate liver tissues, improve liver function and increase blood flow.

4. **Limited risk of diabetes:** Carrots help control blood glucose levels and therefore reduce overall glucose levels, in addition to helping lower blood pressure.

5. **Preserved stomach health:** Carrots contain large quantities of important fibres that prevent colon and gastro-intestinal disorders, such as constipation.

6. **Weight loss:** Carrots are low in fat and calories, while being rich in water and fiber - making them an appetite suppressant that helps you feel full and contributes to fast, energy-burning metabolism.

7. **Preserved skin health:** Carrots help protect the skin from harmful ultraviolet rays and maintain skin softness and vitality, in addition to preventing acne and early wrinkles due to their effect on your immune system.

Dieticians recommend that carrots, like all other foods, be consumed in moderation. Eating large quantities may result in yellowing of the skin and drinking large quantities of carrot juice may cause dental issues. Carrots are safe for pregnant and nursing women as well as for children in moderation.
Is obesity threatening your life?

Obesity is one of the most common problems for people in the Arab world, as well as for a large segment of the world’s population. Its negative effects on health and lifestyle can be marked. What then is the best way to prevent this dangerous and widespread disease?

Obesity refers to the accumulation of excess body fat to the extent that it has a negative impact on the health of an individual. There are many ways of diagnosing obesity. The simplest is by calculating body mass index (BMI) by dividing a person’s weight in kilograms by height in meter squared. If the body mass reaches 30 or above, then an individual can be classified as obese.

About one third of Qatar’s population is obese and statistics indicate that obesity is most frequent during childhood. "Obesity should not be underestimated because of the many psychological and health problems it entails," said Dr. Abdullah Abdulrahman Al Namaa, Manager of Rawdat Al Khail Health Center, in a special interview with Reaaya magazine. Dr. Abdullah pointed out the factors that can contribute to obesity, adding: "There are both acquired and genetic factors that lead to obesity."

Causes of Obesity
The root causes for the epidemic are myriad. "Sticking to bad eating habits, such as consuming high-calorie foods, carbohydrates and sweets, as well as snacking between main meals, play a key role in causing obesity," explained Dr. Abdullah.

However, many other reasons are also significantly responsible for causing obesity such as:

- Psychological reasons:
  - Being exposed to psychological stress such as anxiety and tension, which can lead to an increase in appetite for certain foods, such as chocolate and sugar-rich sweets. Stress also adversely affects the process of burning fat in the body, leading to weight gain.

- Laziness and lack of activity:
  - The absence of physical activity leads to the accumulation of fat inside the body and causes weight gain.

- Sleeping immediately after eating:
  - This prevents the body from burning excess calories and can lead to heartburn and acid reflux.

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Tips for the obese
Dr. Abdullah Abdulrahman Al Namaa advises obesity patients to treat excess weight by committing to the following steps:

- Exercise 30 minutes or more every day, five days a week.
- Lose weight gradually and in a healthy and sustainable way.
- Commit to a regular check-up routine.
- Stick to a healthy, balanced diet.
- Consult the family doctor and visit your nearest health center regularly.

Primary Health Care Corporation is committed to providing all relevant guidelines and advice across its health clinics such as the Health Center, the Smart Clinic and the Nutrition Clinic.

Keeping a healthy body through regular exercise and through a commitment to a healthy, balanced diet is the ideal way to maintain health and prevent the occurrence of chronic diseases and other symptoms associated with obesity.

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Acne Scars

Skin can suffer from numerous problems which may cause scarring or disfigurement. Acne scars are one of the most common affects, sometimes causing self-consciousness, low self-esteem and depression among young people.

A 80% of young people around the world suffer from acne. The degree of damage caused by acne can vary from person to person according to several factors. These factors can be broadly divided into two; the appropriate hygiene care and maintenance of skin and lack thereof.

Acne scars are one of the main reasons left by the "acne" crisis. The cause of this aesthetic impairment is the neglect of proper preventive health measures when young people are suffering from acne infections.

Bad Habits
Acne scarring spreads gradually, making the skin lose its healthy glow. This is caused by a few bad habits, which dermatologists advise patients to avoid. These include repeated touching, picking and pressing of the pimples, either by hand or with sharp objects. Another bad habit specific to girls is the habit of putting too much make-up around the world suffering from acne.

Treatment of Acne Scars
There is no easy way to treat or remove acne scars. They require patience and perseverance in personal care, and patients are sometimes unable to obtain 100% positive results. Many people who suffer from acne scars resort to treatment either through medication prescribed by their dermatologist or through laser cosmetic surgery, where collagen is injected under the scars.

A Healthy and Glowing Skin
Dermatologists at the Primary Health Care Corporation offer the following recommendations for healthy, acne-free skin.

- Cleanse skin regularly
- Use minimal make-up while making sure to use products suitable for your skin type
- Eat healthy, low-fat foods
- Wear sunscreen
- Drink eight glasses of water per day
- Change sanitary towels every hour
- Do not use acne medication without consulting your doctor
- Remove all traces of make-up from your face before going to sleep

How to care for yourself during menstruation

Girls and women alike suffer from psychological and physical fluxes during their menstrual cycles that may cause them some discomfort. The following are a number of tips, presented to you by Primary Health Care Corporation, to reduce the uneasiness of this phase and assure ongoing good health.

Your personal hygiene
Every girl and woman can take care of their personal hygiene during menstruation by following these tips:

- Use warm water to clean the genital area several times a day, and dry the area with a soft cotton cloth.
- Wash hands with soap and water after carefully dispensing of the sanitary pad to avoid the spreading of bacteria.
- Do not eat ice cream or drink soda or soft drinks.
- Do not expose yourself to any strong air currents or air conditioning, whether cold or moderate in temperature.
- Do not remove excess hair from the body due to the high sensitivity of the woman's skin during this time.
- Do not walk barefoot or sit on a cold floor.
- Do not eat red meat or eat vegetables that are rich in iron and vitamins.
- Do not follow an overly strict diet.
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Insomnia

How many times have you gone to bed feeling very tired only to have difficulty falling asleep? How many times have you complained about irregular sleep patterns and not being able to sleep the whole way through the night? These are signs you may have insomnia and should seek out appropriate treatment.

Insomnia affects a person’s productivity during the day, which in turn impacts the quality of their work. Insomnia means that a person cannot sleep adequately at night. However, as sleep is a physiological need for all living beings, should a person suffer from a sleep disorder or sleep deprivation for several days, weeks or months, this will have repercussions on their mental and physical health. Causes and treatments of insomnia vary, depending on a person’s situation and conditions.

The negative effects of insomnia are not limited to mental and physical health, as they also affect a person’s productivity during the day, which in turn impacts the quality of their work, tasks and relationships with colleagues, due to bad moods and irritability.

Causes of Insomnia

Upon tracing insomnia and its negative effects back to their source, we find several different causes that may explain them. These include:

- Mental disorders, depression and constant anxiety, which are the most common causes
- Physical problems, such as difficulty breathing during sleep and certain diseases causing severe pain that prevents a person from falling asleep easily
- Everyday behavior, such as drinking stimulant drinks (tea, coffee), taking long naps during the day and continuous changes in day or night shifts at work
- Unsuitable sleeping environment.

Treatment of Insomnia

Doctors at the Primary Health Care Corporation recommend certain tips to ease and treat insomnia, including:

- Going to sleep and waking up at a set time
- Having light dinner meals
- Avoiding stimulating drinks before going to sleep
- Avoiding long naps during the day
- Avoiding thinking of problems and concerns
- Dedicated the bedroom to sleep only and having a soft bed
- Listening to relaxing music.

40% Studies have shown that 40% of people suffering from insomnia have mental disorders.

How Smoking affects your oral health?

There are an alarming one billion smokers in the world today. Smoking is one of the major causes of severe oral health issues, such as tooth decay and gingivitis, as well as oral cancer of the mouth and throat in the worst cases. These issues can often lead to a series of complicated treatments that can easily be avoided by not smoking.

Nicotine, found in all tobacco products, is a highly addictive drug that reacts in the brain and throughout the body. For many, a range of health related problems arise from this dependence on nicotine and the harmful impact of cigarettes. According to the latest statistics on the damages of smoking, there are more than 400,000 oral cancer patients per year, of whom approximately 12,000 die annually.

The negative effects of smoking on the mouth, including tooth decay and gingivitis, can often lead to a series of complicated treatments that can easily be avoided by not smoking.

Studies have shown that 40% of people suffering from insomnia have mental disorders.

- The Gums
- PHCC’s Dr. Arwa Tim says that about 90% of people with gum disease are smokers, confirming that the risk of gum disease in smokers increases by six times, compared to non-smokers. Moreover, smoking reduces estrogen hormone levels in the blood, which in turn leads to osteoporosis, further increasing the risk of gum disease and tooth loss.

- The Teeth
- Cigarettes limit the mouth’s ability to fight infections, leaving the area defenseless against harmful bacteria. Also, blood circulation is decreased, causing slow wound healing, especially after tooth extraction. According to Dr. Arwa, smoking inevitably reduces the success rate of dental implants and can lead to the formation of patches on the teeth due to the accumulation of tar and nicotine. This can lead to rough tooth surfaces, increased harmful bacteria on teeth and an accumulation of bacterial plaque.

The Mouth

Smoking has many negative effects on the mouth, including tooth decay and gum gum disease, gum disease, which is caused by chronic smoking and often only becomes apparent in its advanced stages, making it difficult to counteract. The Primary Health Care Corporation remains dedicated in its fight against smoking and its harmful consequences. If you are a smoker and are looking for tips and support to help you quit, then you should visit one of the following specialized PHCC health centers:

<table>
<thead>
<tr>
<th>Health Center name</th>
<th>Appointments</th>
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<tbody>
<tr>
<td>Mezaamor Health Center</td>
<td>Once a week (Every Tuesday) / PM</td>
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<tr>
<td>Abu Baker Siddiq Health Center</td>
<td>Once a week (Every Monday) / PM</td>
</tr>
<tr>
<td>Omar Bin Khatib Health Center</td>
<td>Every 2 weeks (Monday) / AM</td>
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<tr>
<td>Gharafa Al Rayyan Health Center</td>
<td>Once a week (Every Monday ) / AM</td>
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<tr>
<td>Al Daayen Health Center</td>
<td>Once a week (Every Monday ) / AM</td>
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<td>Lehabab Health Center</td>
<td>Once a week (Every Tuesday) / AM</td>
</tr>
<tr>
<td>Rawdat Al Khali Health Center</td>
<td>Once a week (Every Wednesday) / AM</td>
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“Smoking cessation improves blood pressure and blood circulation within hours of quitting.” - Dr. Arwa Tim, Oral and Dental Health Specialist.
How to brush your teeth properly in five steps

Brushing your teeth is an important part of your daily routine. Reaaya shows you the best way to use your toothbrush to protect you from cavities and gum disease.

1. Brush the inner surface of your teeth (upper and lower jaw), starting with the last tooth on the right and moving all the way to the last tooth on the left.

2. Repeat the process on the outer surface.

3. Brush the chewing surface.

4. Brush your front teeth vertically (up and down).

5. Remember to brush your tongue.

Medical Advice

Dentists point out that the following steps must be followed when brushing your teeth:
- Use a medium bristled toothbrush with nylon bristles or as prescribed by your dentist.
- Toothpaste must contain fluoride and must comply with international standards.
- Making circular motions with the toothbrush on all teeth surfaces prevents bleeding and damage to the gum.
- Change your toothbrush every six months or when it shows wear.
- Use age-appropriate toothbrushes.
- Dental care starts with the very first tooth.

Brush twice a day and take five to six minutes to do it thoroughly. You may also floss to remove food stuck in your teeth as necessary. Adults can also use a Miswak.
Mental Health: A struggle between ignorance and awareness

Mental illness is the silent source of many global health care crises and the cause of many attendant diseases resulting from depression worldwide. Evidence from data suggests that mental illness ultimately results in a high number of deaths every year and must be taken seriously as a key medical issue that presents a very real threat to the overall wellbeing of every person.

The World Health Organization defines mental health as “a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”

Countries across the world celebrate World Mental Health Day every year on October 10 in an initiative launched by the World Federation for Mental Health in 1992. On this day, people are reminded of the dangers of stress and mental illnesses, and of the importance of seeking treatment.

Mental Health and Psychological Health
Many people are unaware of the real difference between mental health and psychological health, combining both concepts under one definition. However, reality proves that mental patients are perfectly aware of their illness or of any mental disorders affecting individual and collective activities and behaviours. This is not the case for psychological patients, who may see or hear things that are not real, yet refuse to acknowledge their illness.

Beginnings of Awareness
The World Health Organization has indicated that mental disorders now cost the global economy approximately EUR900 billion annually due to the considerable decrease in production levels for mental patients.

Additionally, we see some countries starting to show real interest in mental health and dedicate considerable research and studies to this subject. Some are also establishing centres for rehabilitating mental health patients and helping them overcome any depression, fears, concerns or other mental issues.

Positive Steps
In the early 20th century, a large number of organisations interested in mental health appeared in the United States and certain Western countries offering support to patients by providing consultancy and medicine to help them overcome their mental obstacles. It is noteworthy that 60% of all patients admitted to American hospitals are mental patients.

Key Statistics

<table>
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<tr>
<th>Statistics</th>
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<tr>
<td>Approximately half of all mental disorders start before the age of 14</td>
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<td>Approximately 900,000 people commit suicide every year</td>
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<tr>
<td>Approximately 20% of children and teenagers suffer from mental disorders or issues</td>
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<tr>
<td>One out of 10 people in the world suffers from mental issues, such as depression, anxiety or behavioural disorders</td>
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</table>
Avicenna was born in 370H (980AD) in a small village called Afshana, near Bukhara, in Uzbekistan. He then settled in Bukhara where he learned literature, jurisprudence, medicine and philosophy. Avicenna dazzled all around him with his wit, memory, assimilation and understanding, as he was able to memorize the Holy Quran by the age of ten.

Avicenna made his way in the world, determined to learn. He travelled to many countries, excelled in a variety of fields and was given several titles, including Al-Sheikh Al-Raees, Prince of Physicians, the Third Master (after Aristotle and al-Farabi), the Aristotle of Islam and the Father of Medicine.

Avicenna’s genius started from a tender age, as he was able to cure Sultan Nuh Bin Mansur al-Samati, Sultan of Bukhara, from an illness that had left other physicians unable to find a cure. He was then allowed to join the court and the Sultan made his private library available to al-Sheikh al-Raees. Avicenna died in Hamadan in 427H (1037AD), leaving behind a great history and legacy of scientific gifts to humanity.

Contributions to Medicine
Avicenna played a pivotal role in establishing the scientific and philosophical approach of the Arab civilization. In the field of medicine in particular, he is considered the first to ever write about medicine. He also established the pulse as the key measurement of a body’s health, and was the first to indicate the importance of mental therapy in curing numerous diseases.

Medicare Publications
Avicenna was the first person ever to write about medicine and medical science. A real-life encyclopedia, he published over 270 books and letters in many fields, all of which were written in Arabic, with the exception of some small writings in his native Farsi. These books covered different topics, although most of them focused on medicine and philosophy.

Avicenna wrote around 43 works in the field of medicine:

- The Canon of Medicine: a key reference in medical science for seven centuries and was taught in foreign universities and institutes until the late 19th century.
- Daf’ al-madhar al-kliah aan alabdan al-insaniah
- Colitis
- Cardiac drugs
- Siasat al-badan wafada’el al-sharaab (letter)
- Autopsy (letter)
- Phlebotomy (letter)
- Food and medicine (letter)

Avicenna is considered to be the first person in the world to ever write about medicine, and the first to indicate the importance of mental treatment for numerous illnesses.

Testimonies
- Chemist and historian, George Sarton: “Ibn Sina was an intellectual phenomenon. Never perhaps has an example been seen of so precious, quick and wide an intellect and an activity.”
- Forest botanist, Andre Auberville: “Avicenna gained fame in the Middle Ages, when he became widely known and was considered an intellectual with great contributions. He was one of the greatest men that humanity has ever known.”
- Historian of science and technology, E.J. Holmyard: “Europe’s scientists describe Abu Ali as being the Aristotle of Arabs. He is undoubtedly a scientist who excelled above all others in medicine and stratigraphy. When faced with scientific difficulties, he would go to the mosque and pray, then return to the matter at hand and succeed.”

760 medical prescriptions described by Avicenna in his well known book “The Canon of Medicine”.

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43 works written and published by Avicenna in the field of medicine.

Avicenna: Prince of Physicians
Abu Ali al-Husayn Ibn Abdullah Ibn al-Hassan Ibn Ali Ibn Sina was a Muslim philosopher, physician and poet, and one of the greatest Muslim scientists known to mankind. Avicenna (Ibn Sina), due to his discoveries and genius in many areas, was able to facilitate great advances in the field of medicine.
Health Care challenges in the Arab World: Alarming data

In most Arab countries the health care sector is experiencing a decline to the point where this poses an imminent threat to public wellbeing. As a result, Arab governments have begun adopting positive policies and investing human and financial resources toward improving their health sectors and services.

The issue of health care in the Arab world is a serious and enduring phenomenon. It is caused by major challenges including limited interest in this important sector. However, as time has passed, studies have demonstrated that depriving Arab citizens of comprehensive health care undoubtedly leads to the proliferation of certain diseases and health issues, with physical and financial consequences that can otherwise be avoided.

The types of health care challenges vary depending on different factors in each country, such as its geographical area, its population density and its average income per capita. However, the main challenge faced by most Arab countries is the low public spending on the health care sector. The higher a country’s income, the more it is able to improve spending on the health care sector, and vice versa.

The crisis of non-communicable diseases

The latest studies periodically conducted and published by a group of Arab and global organizations and authorities for the development of health care systems indicates that most countries around the world, including those in the Arab region, are currently facing a great health crisis characterized by an increase in the number of cases of non-communicable diseases such as cardiovascular diseases, cancers, chronic respiratory diseases and traffic accidents. Each issue poses a real threat to the health and prosperity of our future generations.

These diseases can be combated through raising awareness of the factors and indicators at cause, namely, obesity, limited physical activity, smoking, alcohol consumption, high blood pressure and high blood sugar levels.

Risk factors: diabetes and obesity

Diabetes is a major risk factor for non-communicable diseases, the treatment and prevention of which has become a key challenge for the health care sector. These diseases include cardiovascular diseases, diabetes and certain types of cancer. Obesity is considered an endemic disease in the Arab world, resulting primarily from a lack of a culture surrounding healthy diets in the region.

A recent list published by Gazette Review of the top 10 fattest countries in the world in 2016 includes six Arab countries, with Kuwait ranking first with 42.8% of its population suffering from obesity.

Obesity, when left untreated, may lead to serious complications such as renal failure, blindness, foot problems and early signs of cardiovascular diseases. Diabetes is considered a chronic, tiring and expensive disease and data indicates that the number of diabetics in the Arab world will reach 51.7 million by 2030. The number of diabetics in the Arab world will reach 51.7 million by 2030.

World Health Organization expects diabetes to rank seventh among the top causes of death by 2030. It is noteworthy that obesity and diabetes rates in the GCC remain the highest among high-income countries.

Significant developments

Arab governments have started increasing their spending on the health care sector based on indications that the cost of health care will increase by 2030 and continue to rise due to population growth, the increasing rates of obesity and non-communicable diseases.

Average spending on the health care sector in the Middle East is expected to reach USD 141 billion in 2020, thus exceeding the global growth (8.6%) in 2018. It is also expected that the Gulf health care market will grow to USD 69.4 billion by 2018. Certain GCC countries are showing interest in technologies to improve the quality of the health care sector and in involving the private sector as a means of distributing the financial burden, remaining true in their efforts to help citizens of all financial ability.

Qatar ranks first among Arab countries in terms of spending on health care, at USD 2,106 per capita, according to a 2014 World Bank report. The crisis of non-communicable diseases

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Hayyak
Information and Appointments Helpline

One Number
for all Primary Health Care Corporation centers